

Amendments to the Claims:

This listing of claims will replace all prior versions and listings of claims in the subject application, and please amend the claims as follows:

Claims 1-11: (Canceled)

Claim 12. (New): A work chair having two-stage height adjustability for accommodating lengths of upper and lower legs of a user comprising:

a foot;

a telescoping column comprising a top column part, a central middle column part and a bottom column part, the bottom column part being positioned on the foot;

a seat supported in a height-adjustable manner by the telescoping column, the seat comprising a front part and a rear part, where the front part of the seat is hinged to the rear part of the seat, the rear part of the seat being secured in a substantially horizontal position to the top column part, the front part of the seat being secured to the central middle column part in a hinged manner by a rod having two hinges, one hinge being secured to an underside portion of the front part of the seat and the other hinge being secured to a securing position on the central middle column part; and

an adjustable backrest for promoting an upright position of a user's back, the adjustable backrest being moveably arranged to the top column part by a coupling, the coupling comprising a first fixed rod secured to the top column part, a second fixed rod secured to the adjustable backrest, and an upwardly running rod tiltably and slidably coupled to the first fixed rod and tiltably coupled to the second fixed rod so that the second rod is horizontally disposed,

whereby a height of the rear part of the seat is adjustable via the telescoping column to accommodate a length of a lower leg of a user and the front part of the seat hingingly pivots to accommodate a length of an upper leg of a user as the height of the rear part of the seat is adjusted.

Claim 13. (New): The work chair according to claim 12, wherein the top column part is dimensioned in such a way that a height of the seat, as determined by the rear part of the seat, has an individual setting based on lower-leg lengths of users encountered.

Claim 14. (New): The work chair according to claim 12, wherein the top column part is dimensioned in such a way that a height of the seat, as determined by the rear part of the seat, has an individual setting based on a lower-leg length of an user encountered, and wherein the central middle column part has a maximum height adjustment which gives a maximum inclined position of 130°, relative to the telescoping column, for the front part of the seat to accommodate curvature of a thigh with respect to an upright trunk of an user encountered, where the front part of the seat has a inclined position of 90° , relative to the telescoping column, when the front part of the seat is horizontal to the rear part of the seat.

Claim 15. (Previously presented); (New): The work chair according to claim 12, wherein the adjustable backrest comprises two parts pivotably connected, whereby the two parts of the adjustable backrest may be pressed forward toward the rear part of the seat so the adjustable backrest does not support a spinal column of a user.

Claim 16. (New): The work chair according to claim 12, wherein the adjustable backrest comprises:

two parts and

a passive spring system which pivotably presses the two parts of the adjustable backrest forward toward the rear part of the seat.